

# STOP THE SPREAD OF H1N1 FLU



## wash your hands properly

5 quick steps to washing your hands properly:

1. Wash your hands with warm water.
2. Apply a generous amount of soap.
3. Rub your hands together for 20 seconds.
4. Dry your hands with a paper towel.
5. Use the paper towel to turn off the faucet and open the door.

If water and soap are NOT available, use an ethanol alcohol-based (minimum of 62%) hand sanitizer, preferably in gel form.



Davis  
County  
Health  
Department

For more information, call  
(801) 451-3333 or 2-1-1  
or visit

[www.daviscountyutah.gov/health](http://www.daviscountyutah.gov/health)